

Houghton University

Exercise Science BS with Applied Track

(30–33 hours in core; 8 prerequisite hours; 15–16 hours in required minor)

Total Major LA Credits: 0

Exercise Science Major Requirements

Credits

Liberal Arts

Prerequisite Courses (8 hours)

BIOL 151 General Biology: Organisms to Ecosystems
BIOL 152 General Biology: Cellular Biology and Genetics

4	LA
4	LA

Core Courses (19 hours)

BIOL 210 Medical Terminology
BIOL 217 Human Anatomy & Physiology I
BIOL 218 Human Anatomy & Physiology II
EXS 352 Pre-PT Field Experience I
EXS 353 Pre-PT Field Experience II
PSY/BADM 309 Statistics
SRWM 308 First Aid & Safety

2	
4	LA
4	LA
2	
2	
4	LA
1	

Additional Requirements* (11-13 hours)

COMM
PSY 111 Introduction to Psychology
PSY
SRWM 475 Professional Development
SRWM 481 Senior Capstone Seminar

	LA
3	LA
1	
2	

Required Minor* (15-16 hours)

Degree Requirements

Earned a C- or above in each Major/Concentration/Minor credit	<input type="checkbox"/>
Minimum of 124 credit hours completed	
Minimum of 62 Liberal Arts credits	
At least 50% of major completed through Houghton	<input type="checkbox"/>
30 credit hours from Houghton	<input type="checkbox"/>
18 of the last 24 credit hours are from Houghton	<input type="checkbox"/>

Official degree and program requirements are housed in the Registrar's Office. This degree audit worksheet serves as an advising tool; it is not a contract, an academic transcript, or an official notification of completion of degree/program requirements. It is the student's responsibility to be aware of and understand the requirements of his/her degree program. If assistance is needed, students should consult their academic advisor and the University's academic catalog.

*Detailed Options

Additional Requirements Options

COMM 101 Presentational Speaking (2 LA) or COMM 215 Interpersonal Communication (3 LA)

PSY 200-level or higher (3-4 credit hours)

Required Minor Options

Choose from the following list or receive approval from the Dean of Natural Sciences and Mathematics:

Athletic Administration & Sport Management

Equine-Assisted Therapy

Health Promotion & Fitness

Psychology

Sports Ministry

Recommended Courses

BIOL 209	Introduction to Nutrition	3	LA
BIOL 232	Epidemiology	2	LA
COMM 105	Introduction to Human Communication	3	LA
EXS 275	Injury Evaluation & Management	3	
EXS 277	Therapeutic Exercise & Rehabilitation	3	
EXS 345	Exercise Physiology	4	
EXS 347	Kinesiology	4	LA
PHIL 240	Medical Ethics	3	LA
SOC 101	Introduction to Sociology	3	LA